



Referral Options for Grief Support

Interior Health – adults only (18+)

Penticton Social Worker (Glenda):	250-770-3486	<i>One on one counselling if death has been within 2 years</i>
Hospice Social Worker (Eleanor Edgar):	250-492-9071 ext.32103	<i>Palliative Program only</i>
Community Palliative Care Social Worker (Lila):	250-492-9071 ext.32843	<i>Palliative Program only</i>
Osoyoos, Oliver & OK Falls Social Worker (Brenda/Sue):	250-485-7201	<i>Palliative Program</i>
Osoyoos and Oliver Social Worker (Kathy):	250-498-5045	<i>one on one if death has been within 2 years, adult</i>

Support Groups: (call the number listed for venue and times of group meetings)

Penticton 250-770-3486 Princeton 250-295-4464 Oliver 250-498-5045 Osoyoos 250-498-5045 Keremeos 250-499-3020

Private Counselling

Maya Counselling* (fee)	250-770-3121	<i>adults/children/youth</i>
Sam (Sandra) Lucier* (fee)	250-487-8784	<i>adults</i>
Irene Brady* (fee)	250-490-7956	<i>adults</i>

**please note The Hospice Society is not responsible for arrangements made with private practitioners*

SOLS – South Okanagan Loss Society – Penticton Group	250-488-1320	<i>adults</i>
Desert Valley Hospice Society – Oliver, Osoyoos, OK Falls	250-495-1590	<i>(open to all adults; referral from palliative program not necessary)</i>

Other Options

BC Bereavement Helpline www.BCBH.ca – email contact	1-877-779-2223 Mon, Tues, Thurs 9-5pm, Wed & Fri 9-8:30pm, Saturday 9-1pm
Compassionate Friends of Canada (loss of a child)	lbuxton@frictioncreative.ca
MyGrief.ca	online option
Griefshare.org	online/in person options

Emergency Options

24 Hour Crisis Line	310-6789 (no area code required)
Suicide Helpline	1-800-784-2433
Penticton Hospital (until 11 p.m.)	250-492-4000 (state that you have a mental health emergency)
Emergency assistance anytime	911
